OTTAWA C C NEWS WORTH SHARING!

NO NICKELBACK GUARANTEE

LiVE 885_{fm}

Two Canadians arrested in Egypt

London, Ont., doctor and Toronto filmmaker en route to Gaza being held in prison in an undisclosed location

Yogi not getting in twist over sexual assault lawsuits

It's downward dog as usual at Vancouver studio after founder served papers THE WORLD?

CAN HARRY SAVE

A SCHOLAR TAKES A LOOK AT HOW THE FAMED HARRY POTTER SERIES HAS SHAPED THE 'MUGGLES' GENERATION

PAGE S

Demerits needed to deter distracted drivers: Petition



Ottawa resident Rick Levesque took these photos Aug. 1 of a rear-ended Honda Accord, left, and a Hyundai Santa Fe, right. (He blurred out the licence plates afterward using a photo manipulation technique.) Levesque says the accident prompted him to start a campaign to fight distracted driving. His Facebook page can be found at facebook.com/consequenceofdrivingwithhandhelddevices. COURTESY RICK LEVESQUE

Campaign. Man got involved after witnessing accident



SEAN MCKIBBON

An Ottawa man is pushing for demerit points for drivers caught using cellphones or texting, and his MPP, Lisa Mac-Leod, is promising to help.

"I couldn't believe the police couldn't give out demerits," said Rick Levesque, who says he saw firsthand the dangerous impact of distracted driving on Aug. 1 when an SUV rearended a Honda Accord that was stopped at a light on Hunt Club Road near Cleopatra Drive.

"It had a clear view for

"It had a clear view for about 300 yards. There was nothing between the SUV and the Accord. The only explanation was that the driver wasn't looking at the road," said Levesque. He was travelling the opposite way and had a clear view. The SUV's driver stepped out of her vehicle clutching a cellphone, he said

Inside the car were an 84-year-old woman and her 50-year-old daughter. Both received concussions in the crash, Levesque said. He said he was unnerved by the idea his own mother-in-law or wife could have just as easily been the victims. It also bothered him when police said distracted driving without a crash only nets a \$155 fine. Nine Canadian jurisdictions award demerits, but Ontario, Nunavut, Nova Scotia and Alberta do not.

"A lot of people — they just pay the fine and they don't care. And some of them contest the tickets and the judges let them off," said Levesque.

Levesque has started a Facebook page to rally support and get people to sign a petition calling for a change in the law.

"I think it's great that this man has taken this cause up when he wasn't directly affected," said MacLeod.

Like Levesque, MacLeod also didn't know demerits weren't handed out. She said she would raise the issue with Ontario PC transportation critic Frank Klees and bring the petition forward in the legislature. She also said she has a meeting with the Insurance Bureau of Canada this week and would ask the bureau if they would support such a measure.

"I'm also going to ask about the rationale for not including demerits in the original legislation," said MacLeod, noting that she had supported the Ontario government's move to curb distracted driving.

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Ottawa 'boring'? Haters proven wrong as picnic is a big success

We can get down.

People said the pop-up party in the staid capital city, now in its 2nd year, would never work

A flash mob decked out in vintage black clothing held an impromptu fashion show outside of the Government Conference Centre on Rideau St. on Sunday afternoon.

Men, women and even an infant were dressed in top hats, fascinators, fishnets and lace, all in effort to build hype around the upcoming Harvest Noir event on September 7.

"This year the theme is sexy and creative," said Samantha Biron, one of the organizers of the pop-up picnic, dance party and parade.

Three years ago, Biron and her partner Greg Searle were visiting Montreal when they unexpectedly witnessed a popup picnic. "I thought it was really extraordinary," said Searle. "It's a 25-year tradition coming from Paris. Montreal is kind of the city that (was inspired by it) and now it is spread all over great cities across the continent."

The element of surprise is what makes this event so unique, Searle explains.

On the day of the event, guests will get an email and the location will be disclosed.

"We live these really frenetic busy lives and yet at the same time, everything is predictable," Searle said. "This is like an opportunity for people to participate in something a little edgier. It's outside of the norm."

Last year, the event attracted 1,500 people. Searle expects the turnout this year will be the same.

"The first year we organized this people said there was no way it was going to work in Ottawa (because) Ottawa is boring," said Searle. "I think we proved them wrong."

JESSICA BEDDAOUI/FOR METRO



Tessa Morris, left and Norma-Jean Wylie right pose with drag queen sensation China Doll in front of the Government Conference Centre as part of a flash mob to promote Harvest Noir. JESSICA BEDDAOUL/FOR METRO

Entrepreneurs connect to solve local issues



Over the weekend, 25 local entrepreneurs were given the opportunity to pitch a business venture that could solve a social or environmental problem in Ottawa.

Five participants were then selected to be a part of HUB Ottawa's Launch Some Good weekend jam session.

"There was tons of interest from folks ... to really put their passion for environmental or a social cause and their entrepreneurial skills together," said Vinod Rajasekaran, Executive Director at HUB Ottawa. "I really see this as an awesome platform to solve some of our city's pressing issues."

Over the span of 48 hours, participants created a team and built a proposal with likeminded individuals who helped them test and validate their solutions.

On Sunday, each team pitched their initiative to a panel of judges.

The winning pitch was Cig-

bin, a proposal that outlines a better method for collecting cigarette butts from the street and using the garbage to create renewable products, through a new form of technology.

The team received \$400 towards implementation of their proposal and a five-month HUB Lite Membership.

Other initiatives included launching an app that would provide information on hospital wait times in Ottawa and creating a new financial institution focused on customer care and creating a welcoming atmosphere for lower-income customers

"The biggest value is meeting those 25 like-minded individuals who care about social issues," said curator David Rust-Smith. "The connections and the experience is the most valuable part."

Organizers are hopeful that the event will become a yearly occurrence in Ottawa.

JESSICA BEDDAOUI/ FOR METRO



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Canadians' arrest in Egypt has family aching for info

Taken Friday. Reports suggest the pair are OK in jail, but cause of detention still unknown

TAYLOR

in London, Ont.

It was a weekend of worry for Tarek Loubani's family, concerned for his safety after the London, Ont., doctor was arrested by Cairo police. Loubani and York Univer-

sity's Prof. John Greyson were arrested on Friday.

Justin Podur, reportedly a mutual friend of the men, has been blogging about the situation and said officials with the consulate had located the men by early Sunday evening.

They are in a prison and are OK, Podur said, but there was no information about why or where they are being held.

Earlier in the day, Loubani's cousin, Hanan Loubani, said the family was desperate for information.

'He went down there to offer aid," Hanan said. "He usually goes to Gaza every three months through the Rafah border in Egypt, but this time it was closed. And Egypt's treatment of Palestinians lately has not been the best."





Loubani, who came to Canada as a refugee from Palestine, was on his way to Gaza as part of an ongoing collaboration between Western Univer-

Greyson was tagging along as a filmmaker to do some exploratory work.

sity and Al-Shifa Hospital.

WITH FILES FROM TORSTAR NEWS SERVICE



an attempt to free a police officer from rioting detainees, killing at least 36 suspects rounded up during street clashes between Islamist supporters of the country's ousted president and police,

The killed detainees were part of a prison truck convoy of some 600 people heading to Abu Zaabal prison in northern Egypt, officials told The Associated Press. Detainees in one of the trucks rioted Sunday night and managed to capture a police officer inside, the officials said.

Security forces fired tear gas into the truck in hopes of freeing the badly beaten officer, the officials said. They said those killed died from suffocating on the gas.

However, the officials' version of events contradicted state media reports. The official website of Egyptian state television reported that the deaths took place after security forces clashed with militants near the prison and detainees came under fire while trying to escape. The official MENA state news agency also said the trucks came under attack from gunmen.

THE CANADIAN PRESS

Reports differ in death of 36 prisoners

Security forces fired tear gas at a prison truck Sunday in officials said.

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Studio owner Christian Betancor Leon, left, and yoga teacher Jacob Lynch demonstrate poses at Bikram Yoga Commercial Drive in Vancouver. Emily Jackson/Metro in Vancouver

Bikram yogis stay zen amid scandal

No sweat. As controversy surrounding founder Bikram Choudhury heats up, devotees stay focused on their arduous practice



Yogis are bending, stretching and sweating as usual at Vancouver Bikram studios despite a scandal heating up around their founder.

Five civil lawsuits alleging

Calls for crackdown

Calgarians 'fed up' with prostitution near grade school

Calgary advocates and residents alike say a longstanding prostitution problem in one community has moved too close for comfort to an elementary school.

Art Sheeler has called for a crackdown on sextrade workers and drug use in the southeast Forest Lawn area of the city for decades. In recent years, he said prostitutes have begun more regularly crossing a local street and can now be seen frequently standing near Patrick Airlie Elementary School. metro in calgary

The man vs. the practice

"Whatever Bikram the man does is not going to affect the yoga one iota."

Christian Betancor Leon, Bikram Yoga Commercial Drive's owner

sexual assault and harassment have been filed against Calcutta-born, Californiabased Bikram Choudhury, creator of the eponymous yoga discipline: 26 poses practised in 40.6 C heat.

None of the allegations have been proven in court, Choudhury's lawyer

has denied them, yet the salacious accusations have rattled a community usually known for its peaceful man-

Bikram's yoga style has devotees and franchises around the world, including at least 62 in Canada (about a quarter of which are in the Lower Mainland).

But in the city where Lululemon started and where there seems to be a yoga studio on every corner, the bad press surrounding Choudhury hasn't had an impact on local business, Bikram Yoga Commercial Drive owner Christian Betancor Leon said.

Toronto. Cops mum on report Ford's team tried to get alleged crack video

Toronto police aren't commenting on a report that they are investigating attempts by associates of Mayor Rob Ford to obtain an alleged video purportedly showing him smoking crack cocaine.

The mayor hasn't commented either, but his brother, city councillor Doug Ford, has denounced the Toronto Star report as "just another attack" by the newspaper. He also told an AM640 radio talk show Saturday that people are fed up with what he called "this tabloid garbage.' THE CANADIAN PRESS

Rob Ford, is reportedly a

to retrieve a video of Toronto's mayor

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metronews.ca Monday, August 19, 2013 metr⊕ **BUSINESS**

Twitter tests out tie-in to trending television shows

Social TV. Some mobile users report seeing new banners that highlight talked-about programs

If you're not sure what to watch on television, don't worry -Twitter wants to help. Some Twitter users saw a new banner stuck at the top of their newsfeeds last week when browsing the site on mobile devices.

The new banners are designed to feature a TV show that's trending on Twitter, meaning that a lot of people are talking about it. The banner includes information about how many people have mentioned it in their tweets, what time the show airs and on which network, and makes it easy for users to figure out how to participate in the conversation or tweet at a show's stars.

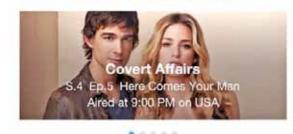
It's the latest attempt by the social media website to make watching TV a social pursuit and convince people to tune into live TV by making them feel as if they're missing out on something.

It's more than just telling people what's on, it's also suggesting what people might like.

Twitter tries out a number of experiments on small numbers of users and wouldn't comment on this specific test. "We're always looking for ways to make watching TV along with Twitter more fun and more engaging," said Twitter spokeswoman Rachael Horwitz.



Trending 4,380 Tweets about this show



<u> Iwitter user ASG poste</u>d a screenshot of a new banner that appeared on his newsfeed this week. It shows users which TV shows people are talking about, when it airs and what channel it airs on. TORSTAR NEWS SERVICE

Twitter has been working on building a relationship between TV watching and tweeting, and argues there is a connection between how many people tweet about a show and

how many people actually tune in.

A Nielsen study released recently says tweets can influence ratings and vice

In a blog post on Friday, Twitter pointed to reality show Duck Dynasty as an example of success in marrying TV watching and tweeting, and creating real ratings from that marriage.

The show's Season 4 premiere was watched by nearly

12 million viewers on Wednesday, making it the "mostwatched non-fiction series telecast in cable history.'

On Twitter, there were 325,631 tweets about Duck Dynasty on the same day.

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Organic claims. Lettuce beg to differ: Small farms prefer alternative label

tine and Brian Denison say they adhere to all the growing practices required for organic certification, yet if they label their beans and tomatoes "organic" at the farmer's market, they could face federal charges and \$20,000 US or more in fines.

Because the Denisons chose not to seek organic certifica-tion by the U.S. Department of Agriculture, the Denison Farm, which has been under organic management for more than 20 years, is banned from using that term. So they and hundreds of other small direct-marketing farms across the country have adopted an alternative label: Certified Naturally Grown.

Started by a group of organic farmers in New York's mid-Hudson Valley as a backlash against federal takeover of the organic program in 2002, Certified Naturally Grown has expanded over the past decade to include more than 700 farms in 47 states, executive director Alice Varon said.

"Certified Naturally Grown is tailored for direct-market farmers producing food without any synthetic chemicals specifically for their local communities," Varon said. "It's a particular niche of the agricul-



tural world. It's not in direct competition with the national organic program."

Many small farmers previously certified organic by an independent organization have declined to participate in the federal program. They voice a variety of objections: extensive record-keeping requirements; fees that can amount to six per cent of a small farm's gross sales; and philosophical objections to joining a monolithic government-run program that also certifies huge operations that ship produce across the COUNTRY. THE ASSOCIATED PRESS

Pipeline PR. Energy East backers attempt to tug at Canadians' heartstrings

To hear some proponents of the Energy East project tell it, when the taps open on the \$12-billion oil pipeline the moment will be as significant as when the last spike was driven into the Canadian Pacific Railway almost 128 years ago.

Linking western crude to eastern markets would be a huge undertaking — it's the most expensive project in TransCanada Corp.'s more than 60-year history — but some observers are dubious Energy East will one day be worthy of its own Heritage Minute.

Tugging at Canadians' patriotic heartstrings is a "smart and usable PR strategy" to get the public onside with the project, said Claire Campbell, a historian at Dalhousie University in Halifax. "But I don't think it is going to be written about as the new national dream by historians 100 years from now."

Sean Kheraj, a historian at York University in Toronto, said it's far from the first time Can-

"I don't think it is going to be written about as the new national dream by historians 100 years from now."

Claire Campbell, a historian at Dalhousie University

adian business leaders and politicians have used nationalistic rhetoric to drum up support for controversial proposals.

For instance, Canada's first prime minister, John A. Macdonald, used lofty language to entice Parliament to spend huge amounts of public funds on the railway in the late 1800s.

Earlier this month, TransCanada announced with great fanfare that it had enough commercial support to go ahead with Energy East, which would send 1.1 million barrels of crude a day across six provinces. THE CANADIAN PRESS

Growth forecast

EU recovery is good económic news for Canada

Canada's economy has looked anything but worldbeating during the first half of this year, but economists say the restraints that have handcuffed exports and jobs growth are beginning to break.

The biggest confidence booster may have been the news last week that the troubled Eurozone burst out of a prolonged recession earlier than expected, posting a modest but still significant 1.1 per cent annualized expansion in the second quarter. As CIBC chief economist Avery Shenfeld noted in a brief to clients, with Canadian exporters fixated on the U.S. and China, it's easy to ignore the potential good a resurgent Europe could bring. THE CANADIAN PRESS

CIBC chief economist Avery Shenfeld calculates that recovering European markets will lift Canadian exports by two per cent, not an insignificant amount

Municipal bankruptcy

Detroit's creditors face deadline to file objections

Banks, bond insurers, employee pension systems and others standing to lose big if a U.S. federal judge declares Detroit insolvent are expected to file their legal objections to the largest municipal bankruptcy in U.S. history. The Monday deadline for creditors to file such objections marks the beginning of legal challenges for those hoping to recoup all or most of what Detroit owes them. THE ASSOCIATED PRESS

Germany

Merkel dismisses talk of retirement

German Chancellor Angela Merkel on Sunday dismissed suggestions she might step down before completing a third term if her party is victorious in next month's general election, and insisted she wants to continue the centre-right coalition she has led since 2009. THE ASSOCIATED PRESS

metronews.ca Monday, August 19, 2013 **VOICES**

POLITICS COLOUR CITY'S NAME GAME

With city hall back in business after a summer break, among the chores that have piled up on committee agendas is naming various public places after worthy folk so future generations can walk past the signs and plaques asking each other "Uh, who?" — or simply go about their business without thinking to ask.

Usually lukewarm public interest in this sort of thing can turn on a dime to outrage, as it did a couple of years ago when the mayor proposed naming a city archive building after Charlotte Whitton, Ottawa's first female mayor.

Whitton, mayor from 1951-56 and 1960-64, modernized the city's public service, pushed for low-cost housing, and finally, after decades of dithering by the men who preceded her, got a new city hall built. (The old one had burned down in 1931.)

But—and it's a big but—as a member of the Canadian National Committee on Refugees, she successfully lobbied to shut Canada's borders to Jews fleeing the Nazis. The controversy boiled over



Steve Collins

ottawa@metronews.ca

and the honour was yanked.

Few will likely object to a proposal before the community and protective services committee to rechristen the historic Ice Pad B of the Goulbourn Recreation Complex in Stittsville as the Matt Bradley Arena, after the homegrown NHLer.

But a plan to rename Centrepointe Park in honour of former Nepean mayor Mary Pitt stirred local opposition when it was run up the flagpole this spring. The revised plan is instead to dedicate the city facility at 100 Constellation Cres., as the Mary Pitt Centre. Her existing monument, the nearby Mary Pitt Legacy Plaza, would then be renamed Nepean Heritage Walk — bland and uninspired enough to leave it clear for a controversyfree renaming after someone else in the future.

That so much of our public infrastructure gets named after politicians seems to rankle some. The perception that Pitt, a Liberal, was being plumped for the park honour by fellow Grits didn't help her case in Centrepointe.

But it has always been thus. Today's ribbon cutters slap the names of their predecessors on the public's stuff, in the unspoken expectation that their successors will do the same for them, often along party lines.

The federal Tories, for example, have renamed both the Ottawa River Parkway and the Bank of Montreal building on Wellington after our first Prime Minister (and Conservative icon) Sir John A. Macdonald.

Overt partisanship seems mercifully absent as the transit commission signs off this week on the names of the stations on the Confederation light-rail line, most of which will be unchanged from their current Transitway incarnations, or get tweaks to signal the locations of the VIA station and the University of Ottawa.

The major exception is renaming LeBreton Station as Pimisi (Algonquin for eel) as a nod to the area's aboriginal heritage. This bumps Capt. John LeBreton's name from the transit system, and comes at the expense of a bit of navigational clarity; old John's name will still adhere to the adjoining area of LeBreton Flats, but the station name will no longer indicate that's where you are. Most riders, I predict, won't care as long as their train comes on time.

ZOOM

Here comes the shock wave



Garbage mars surfing photo

This is hardly a surfer's paradise. The startling image shows pro surfer Dede Suryana braving a trashinfested wave in Indonesia. Zak Noyle, a staff photographer for Surfer Magazine based in Honolulu, Hawaii, took the picture at a remote location in south Java, an area usually noted for its crystal-clear waters. metro

'A wake-up call for all of us'



ZAK NOYLE Magazine, 28, from Honolulu,

What was the wave like? There were food wrappers, tree branches, even soccer balls. It was like being inside a washing machine of trash. Did all the debris make the photo difficult to take? Yes — there were tree trunks the size of a car that we had to push through before Dede could go on

How did seeing the polluted water make you feel? Very sad. There was so much trash that the four of

us had no chance of cleaning it up ourselves. These waters are normally pristine so I was shocked to see this.

Others may indeed share the same sentiment ... Absolutely. As a photographer, I want to be able to spark awareness in people's minds. I hope this photo will be a wake-up call for all of us to keep our oceans clean.

Worth mentioning

New Lego robots excite techies in Silicon Valley

Few are more excited about Lego's new Mindstorms sets rolling out next month than Silicon Valley engineers.

Many of them were drawn to the tech sector by the flagship kits that came on the market in 1998, introducing computerized movement to the traditional snap-together toy blocks and allowing the young innovators to build their first robots. Now, 15 years later, those robot geeks are entrepreneurs and designers, and the colourful plastic bricks have an outsized influence in their lives.

Techies tinker at Lego play stations in workplaces. Engineers mentor competitive Lego League teams. Designers use them to mock up larger projects ideas. And executives stand Lego creations on



gathers cardboard rolls in Stan-

their desks alongside family photos.

"Everyone I work with played with them as children. We sit around talking Lego. It's a shared common experience," said Travis Schuh, who reaches into his bin of plastic blocks when he needs a quick prototype at the Silicon Valley medical robotic firm where he works.

The new Mindstorms sets, designed for kids over 10, are simpler for the younger crowd and more versatile for sophisticated users than two earlier versions.

THE ASSOCIATED PRESS

RE: Tim's Needs Lid Adjustment: Customer Grumbles, published Aug. 15

I noticed too that the drippy seam is a problem, where the seam meets the lid. But the lid still leaks while carrying. They used to fill your own mug, until they started selling their own mugs (by mug I mean those insulated travel mugs). Perhaps the leaky cup is designed to leak.

ijdfc posted to metronews.ca

For the most popular, wealthiest coffee chain in this country, I tend to agree that all flaps and seams aside, you would think after 25 years they would invest in a more professional, travel-friendly lid system.

Where the heck was I.... Subway, I think, had a simple turn-based coffee-cup lid that turns a small second layer to cover the opening and seals with just the tightest seal on the cup.

Facilalilaty posted to metronews.ca

VE WANT TO HEAR FROM YOU: Send us your comments: ottawaletters@metronews.ca



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The Harry Potter generation

Mindful muggles.

Scholar takes a look at how the famous series shaped Millennials who have adopted some of the positive lessons from the story

BAPTISTE BARBE

Metro World New

Political science professor Anthony Gierzynski has analyzed the influence of Harry Potter on youngsters in the United States. Here a few thoughts from the author of Harry Potter and the Millennials: Research Methods and the Politics of the Muggle Generation.

You wrote three books about U.S. politics. How did you get the idea of mixing your previous studies with the Harry Potter phenomenon?

I have long had an interest in, and speculated about the role of entertainment media in politics, sparked by movies like Do the Right Thing, Star Wars, Independence Day and movies portraying the U.S. President as an action hero in the 1990s, the portrayal of politicians in movies and TV (which is nearly universally negative), the different Star Trek series, and, more recently Battlestar Gallactica (which is rich with politics), and so on. And, I have had many conversations with my students about the subject and ultimately decided to design a class whose purpose would be to investigate entertainment media effects. The first few semesters of the class we ran experiments, conducted surveys, and collected qualitative data on the effects



HARRY and the MILLENNIALS

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Administration
and the Millennials

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of entertainment media such as Star Wars, The Simpsons and South Park, and overall TV viewing habits (some of that research is reported in this book), before doing the Potter research.

I also guess you read the books and watched the movies. Have you been influenced by this kind of phenomenon at your time (Star Wars, etc)? I am a fan of Harry Potter, but I am a Gen Xer, not a Millennial, so other entertainment media that I was exposed to in my formative years — yes, Star Wars, the Lord of the Rings books, Saturday Night Live, and Star Trek were the main sources of entertainment media influences for my political socialization.

One the main points of your book is that you chose people who grew up with the characters over a long period (10-15 years). Thus, you note that the Millennials read it during their most politically vulnerable and formative years. Your study shows that fans have transposed some lessons\values from the series (equality, tolerance, commitment, loyalty, diversity, anti-violence\anti-torture) into their real life. Can you tell us more about these observations?

The key thing is that, while the Potter series was a story designed to entertain, the nature of the story (and indeed any story) is that the characters learn certain lessons as the plot moves along and exhibit certain characteristics. As we become immersed in the story and identify with characters we tend to internalize those lessons and sometimes adopt those characteristics for our own. So, Harry and his friends evince an aversion to violence, fight for tolerance and equality and oppose oppressive authority and we found fans had similar traits on those very

Could Harry Potter keep continuing to have this kind of impact — for example, Star Wars is still popular many decades after the first movie? Possibly — I still have students who are Potter fans. The next generation, however, may

adopt a different entertainment phenomenon.

Will there be another study in the future in order to go further? Do you want to keep working on this subject?

Yes. At the end of the book I have a website address for readers to tell me their stories about Harry Potter or any other entertainment sources and their political effects in order to gather more qualitative data to see whether there is additional support. I am also working on other research projects on entertainment media effects that utilize experimental designs that can establish causal relationships. I will be submitting to a journal this fall a paper I presented at a political science conference that looks at how villains of science fiction, fantasy and superhero genres affect views about criminal justice and terrorism policy.



There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

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Monday, August 19, 2013

DISH
09



Paulina Gretzky and golfer Dustin Johnson announce engagement on Twitter

Paulina Gretzky and golfer Dustin Johnson announced their engagement on Sunday through their popular Twitter accounts.

Johnson posted a photo of Gretzky's hand with an engagement ring on her finger with the caption "She said yes!!!"

Gretzky, the daughter of hockey legend Wayne Gretzky, retweeted the picture and several congratulatory messages from friends and family.

"Congrats to my sister @ PaulinaGretzky and @DJohnsonPGA on the engagement. Love you guys," tweeted Trevor Gretzky, Paulina's younger brother and a prospect in the Chicago Cubs organization.

Johnson is a professional golfer on the PGA Tour.

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Bynes moves facilities for better psychiatric care: Source

Amanda Bynes has been moved from the psychiatric unit in Ventura County, north of Los Angeles, where she's spent the last two weeks and has been admitted to the UCLA psychiatric facility —

and she's expected to stay there for at least two months, according to Radar Online. "Amanda needed specialized medical attention that she wasn't getting," a source explains. "It's expected that Amanda will remain at UCLA for the next two months because she has very complex mental health issues that need to be dealt with. It will also take a significant chunk of time to get Amanda ... on several prescriptions for her condition — and to make sure it's working properly.' METRO WORLD NEWS



More community service added to Brown's sentence

Chris Brown isn't quite in the clear yet. As part of a negotiation to get the Los Angeles District Attorney to not rescind his probation over a recent hit-and-run charge, the singer must instead serve an additional 1,000 hours of community service, according to E! News. Brown can fulfill the extra requirement doing beach cleanup or graffiti removal or taking part in a probation alternative work program. He is currently serving probation over his 2009 assault of Rihanna and will be on probation until Aug. 24, 2014.

Twitter



@AnnaKendrick47

I suspect the only time Brits actually do the kiss-on-each-cheek thing is with visiting Americans bc they know it will make us feel cultured



@TheRock

Be intense. Be hungry. Be prepared to get kicked outta the gym.



@josswhedon

I do not fear death. I only fear MINE.



@ladygaga

To the critic who speaks before they bang the gong: a fool you are I say! I've not even begun my song!







Water safety

Drowning risk highest on hot days

In books and movies, drownings almost always seem to occur in bad weather. But the perception isn't actually accurate, a new study suggests.

The work, by researchers from the University of Toronto and Sunnybrook Health Sciences Centre, says the risk of drowning outdoors is nearly 70 per cent higher on days when the mercury climbs to 30 C or above.

Lead author Dr. Michael Fralick and his co-authors drew data from records on 1,243 drownings recorded by Ontario's Office of the Chief Coroner. The deaths took place in the province between 1999 and 2009.

Most of the drownings took place during the summer months. And most of the people who drown did so while taking part in recreational activities.

In the vast majority of cases, personal flotation devices were not used. They were either not present (80 per cent of cases) or not worn (11 per cent of cases). Most of the drownings took place in open water. THE CANADIAN PRESS

Exclusively Online

Read comedic (mis)adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/ voices

The business of being mom

Opting out. Many women who decided to stay at home with their kids may have actually sharpened their business skills



IT'S ALL RELATIVE Kathy Buckworth Kathybuckworth.com

Ten years ago the phrase "opting out", became a part of the lexicon, due mostly to a New York Times op-ed piece called The Opt-Out Revolution.

Written by Lisa Belkin, it was about the growing trend of women dropping out of high powered careers in order to stay at home with their families.

Flash-forward a decade, and many of these women are finding themselves in a position, often but not limited to personal finance challenges, to want to opt back in to the work force.

But how can they update their skills and subsequently their resumé after having missed out on arguably the biggest changes in "work" during this fast forward technology driven 10-year period?



While being at home with the kids likely won't replace the skills and knowledge gained by working corporately, I would argue that it could actually hone the following handy talents:

Time management

Moms are pros at executing work schedules which will have kids dressed, fed, and on the soccer field on time.

Project management

Having milestones come together to complete a business objective is literally child's play after mastering the art of changing a baby's diaper while disciplining a preschooler and supervising homework.

Crisis management

If dealing with the aftermath of baby's first smoked

fish meal, a faulty diaper and an ill-timed mommy and me swimming class don't constitute a "crisis", I don't know what does.

Risk management

Making a decision guaranteed to be unpopular with at least one of your children while minimizing the inherent risk of a total meltdown is a pure mom talent.

Financial management

When one income is eliminated to stay at home with the kids, the expenses associated with raising said children increase at approximately the same ascending rate. From diapers to school trips, "indoor runners," hockey equipment and other assorted sundries, managing the finances and determining a return on investment for your family sharpens mom's budgeting skills daily.

The best news? The steepest learning curve for many has been social media. The explosion of mommy blogs happened around the same time as the opting out began, and this educated, driven, and ambitious demographic is one of the savviest when it comes to using Twitter, Facebook and Pinterest.

Instead of dismissing a Tweet about an explosive bowel movement by "just" a mommy blogger, it's really an insight into containment strategy from a communications expert.

KATHY BUCKWORTH'S LATEST BOOK I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS IS AVAILABLE EVERYWHERE FROM RANDOM HOUSE, AND HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION.



There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.

Infuse culture into Pulled Chicken with Asian flavours

- 1. Preheat a grill or a skillet to medium. In a bowl, mix barbecue sauce, miso and five-spice powder until well combined.
- **2.** Prepare vegetables: chop green onion, cut snow peas into strips and thinly slice lettuce or Chinese cabbage.

Ingredients

- 1/4 cup (60 ml) barbecue sauce
- 1 1/2 tsp (7 ml) miso
- 1/4 tsp (1 ml) Chinese fivespice powder
- 1 green onion, chopped
- 1/2 cup (125 ml) snow peas, cut into strips
- 1 cup (250 ml) lettuce or Chinese cabbage, thinly sliced • 6 boneless, skinless chicken thighs
- 4 to 6 whole wheat or multigrain hamburger buns
- 4 to 6 slices of Canadian Gouda



3. Use a large spoonful of sauce to coat the chicken and reserve the remaining sauce. Cook chicken on the grill for 12 to 15 minutes, or in a skillet for 6 to 8 minutes, until thoroughly cooked. Let cool. Meanwhile, add green

onion and snow peas to remaining sauce.

- **4.** Shred chicken and add to sauce.
- **5.** Open hamburger buns, place cheese on bottom

halves and heat on grill or skillet.

6. Divide mixture among buns and garnish with Gouda and lettuce or Chinese cabbage. DAIRY FARMERS OF CANADA (FAMILY KITCHEN.CA)

Healthy eating

Choose it and lose it



Baskin Robbins incorporates your fave snacks into cool treats but watch out for sugar, fat and calories! (Nutritional info taken from American site as Canadian not available). PHOTOS: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)



Equivalent

1 Reese's Peanut Butter Cups Sundae from Baskin Robbins is equal in fat to 10 Dairy Queen small chocolate soft serve ice creams.



Reese's Peanut Butter Cups Sundae (12 oz/ 340 g)

1,220 calories/80 grams fat/92 grams sugar Layers of Praline 'n' cream ice cream, Reese's Peanut Butter Sauce and Reese's Peanut Butter Cups



Reese's Peanut Butter Cup 31 Below (12 oz/340 g)

640 calories/29 grams fat/78 grams sugar Soft serve ice cream cuts back the calories and fat big time!



metronews.ca
Monday, August 19, 2013

Learning in the lap of distraction

I can't compute. Study finds students have tougher time being taught when peers are pounding away at their keyboards

Laptops have replaced pen and paper for many postsecondary students, but a Canadian study suggests using computers during lectures could be hurting their grades and lowering their classmates' marks.

For the study, published earlier this year in the journal Computers & Education, research subjects in two experiments were asked to attend a university-level lecture and then complete a multiple-choice quiz based on what they learned.

In the first experiment, which was designed to gauge how multi-tasking affects learning, all the participants used laptops to take notes during a lecture on meteorology. But half were also asked to complete a series of unrelated tasks on their computers when they felt they could spare some time. Those tasks — which included online searches for information - were meant to mimic what distracted students might do during class.

In the second experiment, some students were given pencils and paper to take notes during a lecture while others worked on laptops. Researchers wanted to observe if the students taking notes the old-fashioned way would be distracted by having computer screens around them.

Faria Sana, who co-authored the study with fellow



Screening your studies

We really didn't think the effects would be this huge. It can change your grade from a B+ to a B-.

Faria SanaCo-author of a study on the impact of laptops in the classroom

doctoral student Tina Weston, said she expected lower test marks for students who were asked to multi-task during the experiment, or

were seated near other students using laptops. But the distraction effect was stronger than she hypothesized. "We really tried to make it pretty close to what actually happens in the lectures. We found that lo and behold, the students who multi-tasked performed much worse on the final test and those who were seated around peers who were multi-tasking also performed much worse on the final test," said Sana.

"So you might not be multi-tasking but if you have

a clear view of someone else who is multi-tasking, your performance is still going to be impaired."

The students in the first experiment who were asked to multi-task averaged 11 per cent lower on their quiz. The students in the second experiment who were surrounded by laptops scored 17 per cent lower.

"We really didn't think the effects would be this

Mac attack?

While Sana and Weston are not calling for a ban on laptop use in classes, they do hope students consider that goofing off on their computers can affect their peers sitting around them.

- "A lot of students spend quite a big chunk of time in class doing things that are not related to the academic environment or aren't directly related to the course or the lecture," Sana said.
- "We're hoping that based on these results, students will take responsibility for their actions."

huge," Sana said. "It can change your grade from a B+ to a B-."

Sana also noted that the students who participated in the experiments said they didn't really expect their marks to suffer much from computer use in the classroom.

"At the end we gave a survey to all the students and what we found was that these peers who were seated around multi-taskers had no idea they were being distracted. They didn't think the laptops were causing a distraction but based on the scores of their final test, they actually were," she said.

Seeing dozens of laptops in a classroom is now common, Sana said, as is spying some students on social networks, playing games or watching movies instead of paying attention.

THE CANADIAN PRESS

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Encouraging at-home expletives? I swear this mother is being serious

Kids say the damndest things. Windsor author tells parents why this unspeakable language is important to learn

LUKE SIMCOE

When Kim Lunansky was growing up she got the proverbial soap treatment if she was caught swearing, but now that she has kids of her own she prefers to wash their mouths out with common sense.

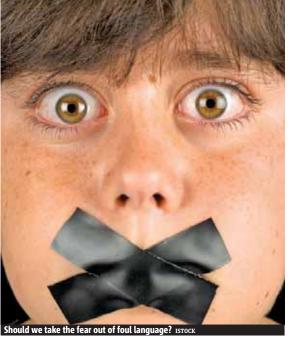
The Windsor-based author lets her three children, aged five to 13, swear at home and has spent many nights talking with them about the uses and abuses of language.

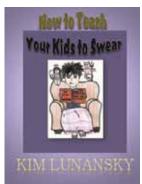
"My husband doesn't think you should let your kids swear at all, but I'm kind of the opposite," she said. "You need to teach them what words mean, and they need a safe space to learn to use that vocabulary appropriately.'

Lunansky has written a book about her adventures in adolescent cussing, appropriately entitled How to Teach Your Kids to Swear. More of a treatise than a how-to guide, the book chronicles her attempts to teach her kids to consider things like audience and context before dropping an F-bomb.

It's a lot like teaching your kids how to dress," she said. "You wouldn't let them go to a wedding wearing short jean shorts and a tube top.'

Lunansky's rule of thumb is that it's OK to swear so long as





it's not going to offend anyone

"We've come to a place in

our language where swearing is pretty common," she said. "So if one of my kids comes home and says they had a s-y day at school, I'm not going to go off the deep end about it. Maybe they had a bad day."

There are moments where Lunansky is less forgiving, like the time her son - upset after his sister dressed up his Star Wars figures like Barbie dolls interrupted a Christmas meal with a diatribe fit for a sailor.

"He was just stringing cuss words together," she said. "I don't even think it made sense."

After excusing herself from a table full of slack-jawed relatives, Lunansky took her son aside, gave him a time out and tried to impress upon him that swearing in front of extended family might not be the best

Lunansky admits her ap-

proach is controversial, but says it's an improvement over simply making swear words verboten.

"If you make something taboo, it attracts kids like a mag-

net," she said. "It creates a cycle where maybe they won't do it in front of you, but they'll do it everywhere else to see how people





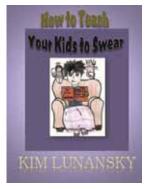
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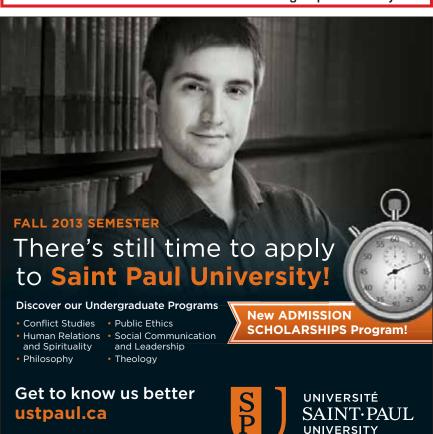
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Saint Paul University is the founding college of

the University of Ottawa (1848), with which it

has been academically federated since 1965.

14 SPORTS metronews.ca Monday, August 19, 2013

Tampa Bay's Jose Lobaton, left, is doused by teammate Yuinning against Toronto in St. Petersburg, Fla., Sunday, PHE Rays L

Rays' Lobaton soaks up walk-off homer

MLB. Jays fail to capitalize on solid start, haven't won series at Tropicana since '07

Jose Lobaton came up big again for the Tampa Bay Rays.

He hit a solo home run in the 10th inning and the Rays beat the Toronto Blue Jays 2-1 on Sunday.

He also had a game-ending triple in the ninth Friday.

"It's different," Lobaton said. "Walk-off triple, that was amazing. Walk-off homer, run On Sunday

2 1

Rays Blue Jays

the bases like that, is unbelievable. It's something that you want to do all the time. Hopefully it's not the last one."

Jake McGee (3-3) struck out one during a perfect 10th.

Tampa Bay took two of three from Toronto, which

hasn't won a series at Tropicana Field since April 2007.

Rays starter Chris Archer allowed one run and four hits over seven innings.

Blue Jays right-hander Todd Redmond, a St. Petersburg, Fla., native, gave up one run and six hits over six-plus innings in his first start at Tampa Bay.

"We wasted great pitching out there," Blue Jays manager John Gibbons said. "If you're going to play in prime time, you've got to win those games"

Evan Longoria put the Rays up 1-0 in the first with his 24th homer, an opposite-field drive

to right that resulted in a video review after a fan in the front row caught the ball just above

"One bad pitch to Longoria, one of the best-hitting third basemen in the game right now," Redmond said. "You do that, and you pay the price. (The fan) probably reached over a little bit, but it was probably just far enough to where it didn't matter."

The Blue Jays tied it 1-1 when Edwin Encarnacion connected for his 31st homer this season with two outs in the seventh.

THE ASSOCIATED PRESS

Tennis

Nadal still on top as Williams falters

Rafael Nadal took advantage of the few openings he got against John Isner, grinding out a 7-6 (8), 7-6 (3) win at the Western & Southern Open.

Serena Williams dominated her first set, then fell apart, giving No. 2 Victoria Azarenka a chance to rally for a 2-6, 6-2, 7-6 (6) win that ended Williams's 14-match winning streak.

THE ASSOCIATED PRESS

Breeders' Stakes

Up With the Birds wins \$500k race

After falling just short in last month's \$1-million Queen's Plate, jockey Eurico Rosa da Silva and Up With the Birds left nothing to chance Sunday in the \$500,000 Breeders' Stakes.

Da Silva moved Up With the Birds into the lead down the stretch, then emphatically held off a spirited River Seven to win the final leg of Canadian thoroughbred racing's Triple Crown. THE CANADIAN PRESS

Women's basketball

Canada tops Brazil in Super Four

Justine Colley scored 22 points as Canada's senior women's basketball team edged Brazil 56-53 to win the Super Four International Tournament on Sunday.

Colley, from East Preston, N.S., made four threepointers. Miranda Ayim of London, Ont., scored 13 points and tied Kalisha Keane of Ajax, Ont., with a team-high five rebounds.

THE CANADIAN PRESS

Bolt completes Jamaica's gold-medal sweep

Usain Bolt is, yet again, perfect.

And with three gold medals in Moscow, the Jamaican great became the most successful athlete in the 30-year history of the world championships.

The 4x100-metre relay gold on Sunday erased the memories of the 100 title he missed out on in South Korea two years ago because of a false start. And, in combination with a similar 100-200-4x100 triple from Shelly-Ann Fraser-Pryce, Bolt was instrumental in giving Jamaica the first ever sweep in those six sprint events.

Bolt was trailing American

Justin Gatlin when he got the baton on the anchor leg, but a botched U.S. handover and his superlative speed were enough to see him, and his country, win.

The United States was second in 37.66.

"I wasn't really worried about Justin. I knew if he got the baton in front of me, I could catch him," Bolt said. "So it was just going out there to run as fast as possible."

Bolt had already won the 100 and 200 metres. It was his second such sprint triple at the world championships, match-

ing the two he has won at the Olympics.

With his victory, Bolt

With his victory, Bolt moved to the top of the all-time world championships medals table with eight gold and two silver, edging Carl Lewis, who has eight gold, one silver and one bronze.

Canada's team of Justyn Warner of Markham, Ont., Dontae Richards-Kwok of Mississauga, Ont., and Toronto natives Aaron Kingsley Brown and Gavin Smellie won bronze in 37.92 seconds after Great Britain was disqualified.

THE ASSOCIATED PRESS



Usain Bolt crosses the finish in the 4x100-metre relay at the world track and field championships on Sunday. PAUL GILHAM/GETTY IMAGES

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

↑ Aries

March 21 - April 20

Something you see or hear today will shock you but if you dig a little deeper you may find it is not nearly as outrageous as you first thought.

Taurus April 21 - May 21

Whatever you are working on, personally or professionally, you must be free to do it your own way and at your own speed. Anyone who tries to interfere must be told quickly to mind their own business.

II Gemini May 22 - June 21

You have your own way of doing things and you have no intention of changing just to please other people. In fact, if someone tries to tell you what to do today you will no doubt delight in doing the opposite!

9 Cancer June 22 - July 23

Do something different as the new week begins, something that makes the world around you sit up and take notice. Cancer is a cardinal sign and therefore born to achieve things.

Leo July 24 - Aug. 23

If old methods and routines are getting you nowhere by all means try something different. It may be hard, at first, stepping outside your comfort

W Virgo Aug. 24 - Sept. 23

Everything you say will be taken seriously today, even when it should be obvious that your tongue is very firmly in your cheek. With that thought in mind be careful what comes out of your mouth.

△ Libra Sept. 24 - Oct. 23

You have the knack of seeing things which other people have managed to miss and if you are smart you can use it to make some serious money over the next few days.

M Scorpio

Oct. 24 - Nov. 22

Ignore deadlines and rules and do things at your own speed and for your own enjoyment. Who is going to complain? You'll be a law unto yourself during the early part of the week.

プ Sagittarius Nov. 23 - Dec. 21

As usual your ideas seem to be opposed to what most other people think and, as usual, you are right and they are wrong. That may not, of course, be true but you believe it with such conviction it doesn't matter!

17 Capricorn

Dec. 22 - Jan. 20 You may feel strongly about a certain issue but that does not mean you can just ignore what other people say if their views and your views do not coincide.

≫ Aquarius Jan. 21 - Feb. 19

Don't waste time on idle gossip as the new week begins as there are far more important issues you should be dealing with. On the work front, especially, sudden changes may lead to new opportunities.

H Pisces Feb. 20 - March 20

Someone close will say or do something completely unexpected today and to begin with you may not know how to react. They may surprise you, they may even annoy you, but you have to admit they caught you out big time. SALLY BROMPTON

Crossword: Canada Across and Down

20

Across

1. Ran, as clothes colours 5. Clean the kitchen floor again 10. Stinging bug 14. 1971 Neil Diamond hit: "__ Said" 15. Doing quite

well at 16. Mom in For Better or For Worse 17. Wisecrack, variantly

18. Puccini opera 19. Wing-shaped 20. How early auditions are sung on "American Idol": 2 wds.

22. Spruce __, Alberta 23. Glamorous

getaway 24. Mont Blanc, par exemple 26. Cowboy singer Mr. Ritter

27. Car manufacturing factory feature: 2 wds. 32. Movie genre, Film

33. Three-toed sloths 34. "America's __ Top Model"

36. Like shoes to match bridesmaid outfits

38. With time __ (In no hurry): 2 wds. 41. Earth's crust's

upper layer 42. 'Tutor' suffix 43. Physical activity,

65

49

for short 44. Bridezilla's aspiration: 2 wds.

47. Golfing norm 50. Engrave 51. Red carpet walker, e.q.

52. Contests of ancient Greece 54. City in BC 59. Joni Mitchell

album 60. Dancing garbs 61. Shakespeare villain

62. Establishment's emblem 63. Try something out: 2 wds.

64. Burden 65. __ Sound, ON 66. __-Bismol 67. Tidy

Down

1. "It's not that deal really.' 2. Secular

22

3. Sites for political asylum seekers sometimes 4. WWII: Military

operation of August

19th, 1942: 2 wds. 5. Pace

84

6. Environmental sci. 7. Loses 8. Available, as a physician: 2 wds.

9. Tiger Woods org. 10. Wash-and-11. Dispense 12. Great __ Lake, in

13. Heat-resistant

glassware 21. Ms. Anderson, to pals

22. Dance legend Mr. Kelly's 25. Grounded-upcorn mixture

27. Moreover 28. Type of milk or sauce [var. sp.] 29. The National

of Canada 30. Don't truth-tell 31. Organized journey with a purpose 35. Type of aircraft:

2 wds. 37. Unmasks 38. Spotted, to

Tweety Bird 39. Stimpy's cartoon co-star

40. Unit of work 42. Revered architect of ancient

Egypt 45. Make a blaming claim

46. Gladiator's 506 47. Art's Mr.

Picasso (b.1881 d.1973) 48. Radiant

49. Red: French 53. City light

55. Give up 56. "Would you like ____ get you anything?" (Group-to-

person query) 57. Water: Spanish

58. The bulk 60. Rapper Mr. Sha-

kur, for short

Friday's Crossword

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		"c	0	"E	D		N _T	0	'n	N		1	A	w
	'n	E	L	·V	1	"B		°5	++	1	'n	L	E	14
°a	U	L	L	1	v	·A	"N		ľЪ	N	A			
"E	T	A		°C.	E	D	A,	'n	5		N	74	0	"
"M	0	N	"t	T		"A	11	t		"о	G	L	E	1
40	N	D	Y		"A	T	0	A	"S	Т		٦.	V	
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How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5	3	7	4	1	9	6	2
9	7	4	2	5	6	1	8	3
2	1	6.	3	8	9	4	5	7
3	9	1	5	2	7	6	4	8
7	6	2	4	9	8	5	3	1
5	4	8	1	6	3	7	2	9
1	8	7	6	3	4	2	9	5
4	2	9	8	7	5	3	1	6
6	3	5	9	1	2	6	7	4

1	3				7		2	8
4	9			1	3			5
				2		9		
	1				6	5	9	
		6	5		8	2		
	2	9	1				8	
		4		8				
2			6	4			5	3
2	6		7				4	2

Today



28°/16° Partly cloudy Tuesday

29°/18° Partly cloudy

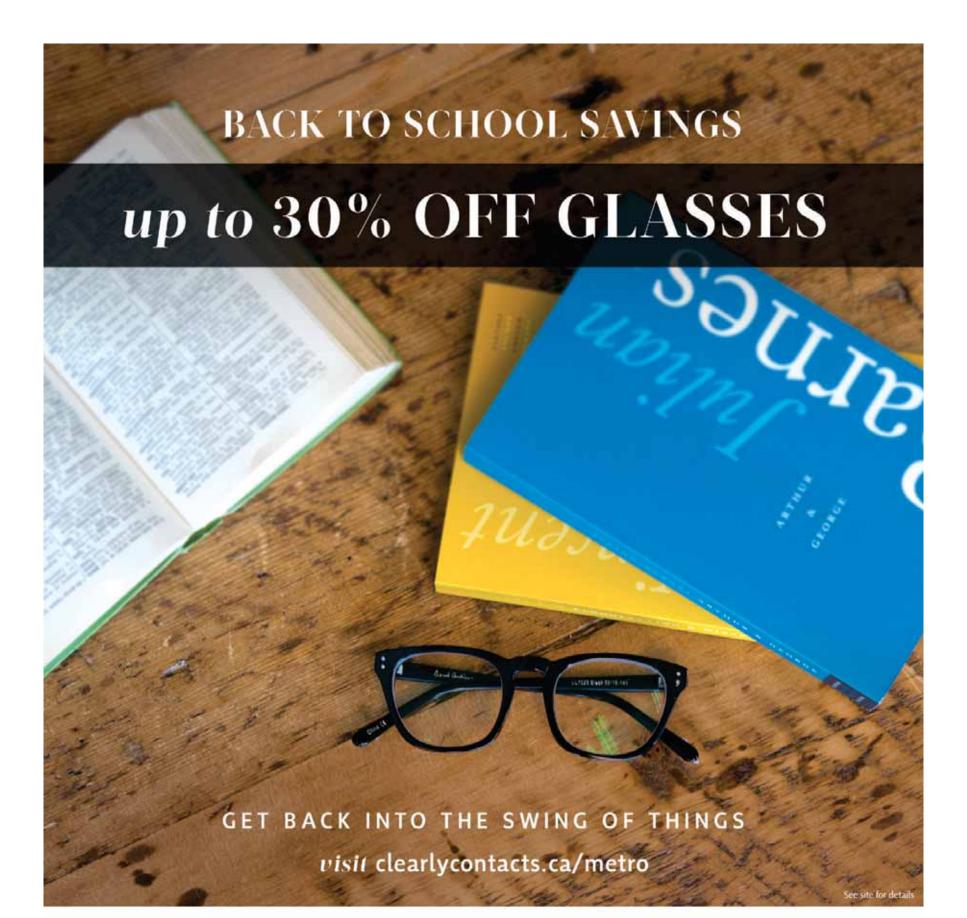
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